



## Marvellous mangoes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



86 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients



3 mangos



3 tbsp grand marnier



1 handful mint leaves fresh

## Equipment

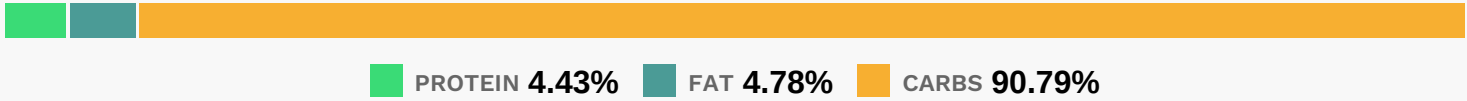


bowl

## Directions

- ☐
- Slice the mangoes, put them in a glass bowl and splash with the Cointreau. Cover and chill for at least 2 hrs (or overnight).
- ☐
- Serve straight from the fridge, showered with a handful of torn or roughly chopped fresh mint leaves.

## Nutrition Facts



### Properties

Glycemic Index:8.63, Glycemic Load:7.18, Inflammation Score:-7, Nutrition Score:5.9526085438936%

### Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg

### Nutrients (% of daily need)

Calories: 85.67kcal (4.28%), Fat: 0.42g (0.65%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 16.33g (5.94%), Sugar: 16.59g (18.44%), Cholesterol: 0mg (0%), Sodium: 1.84mg (0.08%), Alcohol: 1.95g (100%), Alcohol %: 2.21% (100%), Protein: 0.88g (1.76%), Vitamin C: 37.89mg (45.92%), Vitamin A: 1148.19IU (22.96%), Folate: 45.26µg (11.32%), Fiber: 1.71g (6.84%), Vitamin E: 0.93mg (6.21%), Vitamin B6: 0.12mg (6.2%), Copper: 0.12mg (6%), Potassium: 179.92mg (5.14%), Vitamin K: 4.35µg (4.14%), Manganese: 0.07mg (3.72%), Vitamin B3: 0.71mg (3.57%), Magnesium: 11.11mg (2.78%), Vitamin B2: 0.04mg (2.47%), Vitamin B5: 0.21mg (2.06%), Vitamin B1: 0.03mg (1.99%), Phosphorus: 15.43mg (1.54%), Calcium: 13.08mg (1.31%), Iron: 0.2mg (1.13%)